

January 2016

HEALTH PROMOTION CALENDAR

For more information call 808-471-2280



CLASS DESCRIPTIONS:

Nutrition 101:

JBPHH Gym- Classroom 2

This class is for patients who are seeking basic nutrition and exercise information.

This class is a pre requisite for the RMR test.

Commissary Walkthrough:

Join the Health Promotion team in a commissary walkthrough to guide you toward a healthier lifestyle by making better choices.

Healthy Heart:

JBPHH Gym- Classroom 2

This class is designed for those patients who have a history of hyperlipidemia, hypertension or a family history of heart disease.

Resting Metabolic Rate Test:

Find out how many calories you can burn while at rest. *Patients must attend Nutrition 101 prior to scheduling.*

Sleep Better Now:

Makalapa Clinic

There's nothing like a good night's sleep to feel refreshed and focused the next day. Sign up today. For more info call 473-1880 x92224

Take 20 Sec. to Relax:

Take 30 minutes and come learn techniques that will help you relax . For more info call 473-1880 x 92224

Tobacco Cessation:

Contact Eleanor Bru @ 474-4242 ext. 4507

Recreation Therapy:

Contact Tiffanee Rogers @ 471-2280

NFL Fun Run (Wear your favorite team jersey)

Join Health Promotion & the NEX team for an opportunity to run and show off your favorite team! For more info call 471-2280

MON	TUE	WED	THU	FRI	SAT
4 Tobacco Cessation JBPHH Gym Classroom 2 0900-1000	5 NUTRITION 101 1000-1100 Tobacco Cessation (KBAY) 1000-1100 RT: 1200-1300	6 Tobacco Cessation JBPHH Gym Classroom 2 0900-1000	7 RT: 1200-1300	8 USPACOM DET 701 0600-0900 RT: 0900-1300	9
11	12 Tobacco Cessation (KBAY) 1000-1100 RT: 1200-1300	13 Tobacco Cessation JBPHH Gym Classroom 2 0900-1000	14 RT: 1200-1300 KBAY TOBACCO CESSATION 1300-1400	15 RT: 0900-1300 NEX "BE A BETTER YOU" 1100-1400	16
18	19 SHIPSHAPE BEGINS Tobacco Cessation (KBAY) 1000-1100 RT: 1200-1300 NUTRITION 101 1300-1400	20 Tobacco Cessation JBPHH Gym Classroom 2 0900-1000	21 BREAST CANCER SUPPORT GROUP 1000-1100	22 RT: 0900-1300 NEX "BE A BETTER YOU" 1100-1400	23
25	26 Tobacco Cessation (KBAY) 1000-1100 RT: 1200-1300	27 NFL Fun Run 0700-0900 Tobacco Cessation JBPHH Gym Classroom 2	28 RT: 1200-1300	29 RT: 0900-1300	30

